



‘WRAIR Forward’

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COMMANDER'S CORNER

Although many commentators have argued that the only purpose of the armed forces is war and preparing for war, the number of humanitarian and peacekeeping missions that the armed forces supports continues to increase at a bewildering pace, with no end in sight. Samuel Huntington, in *The Soldier and the State*, has stated that the cause for this phenomena is due to America's liberal-democratic view of the armed forces. In its simplest form, this view states that if the armed forces must be maintained, then they should be utilized to further other socially desirable objectives. That is why the U.S. sent armed forces into Lebanon, Panama, and Somalia, why the U.S. continues to maintain armed forces in Haiti and Bosnia-Herzegovina, and why the armed forces continues to provide humanitarian relief to areas ravaged by natural disasters, and most importantly, why the U.S. will continue to perform such missions in the future. It is America's cultural heritage that signifies the role of our armed forces in society. This suggests that the pace of military deployments will remain high. And thus, determining the impact of this high operational pace on soldier and unit readiness becomes all the more critical.

-MAJ Carl A. Castro

Coordination Briefs for OPTEMPO/PERSTEMPO Study

On the heels of USAREUR's approval and funding for a study on the impact of operations tempo (OPTEMPO) and personnel tempo (PERSTEMPO), the unit has been busy briefing USAREUR senior leaders to get their support for the study. Coordination briefs were provided to the following USAREUR leaders:

- COL Crumrine, CofS, 21st TAACOM (8 January)
- COL Ham, CofS, 1ID (12 January)
- COL (P) Brandenburg, CofS, V Corps (20 January)
- MG Mikolashek, CG, and COL Wentlent, CofS, SETAF (4 February)
- COL Peterson, CofS, 1AD (17 February)
- LTC Keith, G-3, 21st TAACOM (17 March)

All is proceeding according to plan. The study will begin in June and continue until the end of FY01.

Briefing: The impact of OPTEMPO/PERSTEMPO on the forward-deployed soldier: A research proposal.

Joint ‘Medical Surveillance’ Program: Support for the 1st CAV DIV

The USAMRU-E continues to support the on-site psychological screening mission in Bosnia. The USAMRU-E serves as the organization which processes the primary screens on post-traumatic stress symptoms, depression, and alcohol problems and the secondary interview screens completed by soldiers at base camps throughout the Bosnia area of operations. Activities in this quarter include:

- Received over 3,000 surveys from the 1st Cavalry Division
- As of 24 March 1999, processed a total of 67,759 surveys
- Supported a request by the Air Force for SOPs on administering the screens
- Provided updated SOPs for medical surveillance unit in Hungary
- Designed a codebook cataloging the medical surveillance frequencies for Operation Joint Endeavor.

Senior Leader Study in Europe

The USAMRU-E will conduct a study to characterize the personnel tempo of senior leaders in USAREUR. The approach is to study 20-30 senior leaders for two to three consecutive months, assessing their psychosocial, physiological, and biochemical status. The study has been approved by USAREUR, and we are currently identifying volunteers.

Several measures will be used: survey instruments, actigraph activity monitor, boot strike monitor and salivary assays. Approximately every 14 days, sleep and boot strike data will be downloaded and salivary samples collected and analyzed.

Each participant will be interviewed, complete a survey instrument designed to assess the impact of personnel and operations tempo, wear an actigraph monitor that is used to determine sleep, wear a boot strike monitor that is used to estimate caloric expenditure, and be asked to provide salivary samples for biochemical analyses. All of these monitoring instruments are state-of-the-art.

U.S. Delegation in Slovakia Traveling Contact Team SL-437

As part of EUCOM's Partnership for Peace program, MAJ Castro, CPT (P) Erin Wilkinson, and CPT Jack Martinez were the invited guests of the Slovakian Armed Forces in the week of 25-29

January. The USAREUR team of psychologists made several presentations focusing on U.S. experiences in stress management during the Bosnia peacekeeping mission and during the Kenya bombing of the U.S. embassy. The Slovaks were very interested in the practical experiences that confront psychological services during real-world missions.



MAJ Castro, on right, presents the USAREUR coin to Generalmajor Frantisek Butko, 2d Army Corps Commander, Slovakian Armed Forces.

USAMRMC Commanders' Conference

MAJ Castro participated in the U.S. Army Medical Research and Materiel Command (USAMRMC) Commanders' Conference held 22-26 February in Baltimore, MD. While in CONUS, MAJ Castro met with key personnel and colleagues at the Division of Neuropsychiatry, WRAIR, and USAMRMC, Ft. Detrick.

Meeting at the Bundeswehr “Center for Leadership”

At the invitation of the German Armed Forces, Major Castro met with LTC (Reserves) Ludwig Uhlmann, scientific director, on 10 February at the “Zentrum Innere Führung” (Center for Leadership) to discuss research relating to contingency operations. The meeting included lunch with BG Hans-Christian Beck, Commanding General, Zentrum Innere Führung. The occasion was marked by an exchange of unit plaques. A reciprocal invitation has been extended to Mr. Uhlmann and colleagues to meet in Heidelberg.

Health Promotion in the 26th ASG

The USAMRU-E has designed a two-page survey instrument to be administered across the 26th ASG for each health promotion program in order to assess local resources. The resulting product, a directory of services, will help the 26th ASG identify current resource distribution and help them plan for future health promotion efforts in the greater Heidelberg-Darmstadt-Kaiserslautern area. The data collection effort was initiated by Ms. Pam Holloway, 26th ASG's health promotion council coordinator. Dr. Adler from the Medical Research Unit is providing consultation and research support. The study will progress as follows:

- Distribution of surveys to the 4 BSBs to be completed in March
- Data collection effort to be completed in April
- Analyses and final products for delivery in May will include codebooks for each BSB and for the 26th ASG

OPTEMPO and Family Violence

The USAMRU-E has been working closely with COL Jellen, USAREUR Social Work Consultant, and LTC Brennan, Uniformed Services University of the Health Sciences, to develop a strategy to assess the link between operations and personnel tempo and family violence. Plans are underway to explore possible areas of collaboration to address this important issue of family well-being and health.

New Manuscripts

Adler, A. B., Huffman, A. H., & Castro, C. A. **Psychological Screening with Deployed and Nondeployed Soldiers.**

Huffman, A. H., Adler, A. B., & Castro, C. A. **The Impact of Deployment History on the Well-being of Military Personnel.**

Training Activities

- MAJ Castro, CPL Calhoun, and Ms. Huffman completed training in the use of the actigraph activity monitor (1-3 March).
- CPT Bienvenu completed a 3-day short course on categorical data analysis and model building (1-3 March); MAJ Castro and Ms. Huffman completed training in a program on SPSS applications (8-11 March).

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Commander, USAMRU-E

MAJ Carl A. Castro